

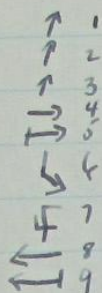
to make  $\frac{1}{4}$  T to L. do s-c to L. (to face L. wall.)

Code -  $\uparrow \rightarrow$  = to T out L & R.

$\downarrow \leftarrow$  = hl " " L & R.

$\uparrow$  or  $\downarrow$  = after a toe on hl T out to L or R.

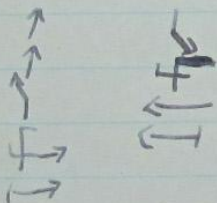
LT RT =  $\frac{1}{4}$  T to L or R.



4. Box  $\frac{1}{2}$  T L. - Take 2 steps fw. L.R. On 3<sup>rd</sup> step T the toe out to make a  $\frac{1}{4}$  T to L wall. do a s-c to R step & turn R hl out to make a  $\frac{1}{4}$  T L to face bk of room. do a s-c to L facing the bk of room. This T takes a  $\frac{1}{2}$  way around.

$$\frac{1}{4} + \frac{1}{4} = \frac{1}{2}$$

Code: -



Two  $\frac{1}{4}$  turns

$$= \frac{1}{2} \text{ t.}$$

5. (a) Waltz pattern = time  $\frac{3}{4}$ .

Step fw L = ct 1.

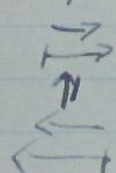
" Sdw R = " 2

Close L to R = "  $\frac{3}{4}$  meas.

This is a waltz step.

Practise - waltz steps fwd & bkw in sets of 8, 8, 4, 4, etc

Code: -  $\uparrow$



Repeat for practise & do (a) 8X.

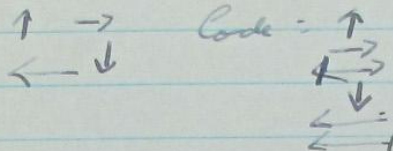
Twice  
once



(b) Wall box Close.

{ St fwd L ft.  
 { 5-c to R (ct 1. 2. 3)  
 { St bkwd R ft.  
 { 5-c to L (ct 1. 2. 3)  
 = 2 meas.

These 2 meas - a box because the pattern they form on floor is sq



(c) Do 5(b) twice & add to it:-

1 W. stp fwd L  
 " " " " R Total of 8 meas.  
 " " " " L  
 " " " " R

### Notes on Lesson II & Practice Hints

Leaders - (a) When start fwd. from a 5-c stp lead 1<sup>st</sup>  
 (b) When leading for a 5-c. stp L be sure that L betw the st.  
 shld & A<sup>o</sup> closed & when to side to R be sure that L is more open.  
 Use diff. class formations & teaching every row & then  
 the grand march fig. & get in form. Change part.  
 quite often by marching (Don't say "part & change" -  
 unless group have been working tog for some time & feel  
 quite at ease about changing parts.)

### Lesson III

1. Review Lesson II

2. Box full turn L.

Stp fwd L - 1  
 " " R - 2

Stp L & T. be out - 3 - to make a  $\frac{1}{2}$  T to face L. wall.  
 Side clse to R 4-5.



Step R + T R hl. away L out to  $T \frac{1}{2}$  way around (so that you will be facing opp. side of room) Do S-C L - 7.8

And as u start fwd to repeat this comb. and 2 do any other step do  $\frac{1}{4} T$  L. to L toe turned out. This will bring u facing front. ready to move in line of direction again  $\frac{1}{4} + \frac{1}{2} + \frac{1}{4} = \text{full}$ .

Code: =  $T \frac{1}{2}$  way round to L.  
 = ... .. R.

### 3. Waltz box $\frac{1}{2} T$ L.

On 1<sup>st</sup> step fwd. L. t. L toe heel to make a  $\frac{1}{4} T$  to face L wall. No side close to R as u face L wall. (Ct 1.2.3.) Step + T. R - hl out to make a  $\frac{1}{4} T$  to face bk. of room. No S-C to L. (Ct 1.2.3.) - 2 meas.

$$\frac{1}{4} + \frac{1}{4} = \frac{1}{2} T.$$

Code: =  $T \frac{1}{2}$  way round to L.  
 = ... .. R.

### 4. Waltz Combinations - No 2 W. boxes - 4 meas.

" 4 " steps - 4 "  
 " 4  $\frac{1}{4} T$  - 4 "

### 5. "Two Step" - Time $\frac{4}{4}$

The rhythm is 2 short steps (1 & ea 4. 1 long step - 2 ct.)

442 Quick, quick, slow.  
 2 3.4.



Clap, rhythm, walk; - practise fwd. bkw in 8's, 4's etc

(a) Two Step box:-

Step sdw L - ct 1  
 Close R to L - " 2  
 Step fwd L - " 3.4  
 " sdw R - " 1  
 Close L to R - " 2  
 Step bkw R - " 3.4.

Code    ↑    1 step  
           ↑    2 close  
           ↑    3 } The whole steno = 2 cts to 1 step.  
           1    4 }

(b) Two step  $\frac{1}{2}$  T. L.

|               |      |           |
|---------------|------|-----------|
| Step sdw L    | 1.   | } 2-step. |
| Close R to L. | 2.   |           |
| Step fwd L    | 3.4  |           |
| S-C to R      | 1.2. |           |

Step R & T R all out to make a  $\frac{1}{4}$  T. L. 3.4.

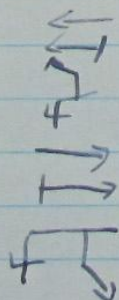
(c) 2 step  $\frac{1}{2}$  T. L.

Do one side step.

" " Close "

Turn L toe out & step making a  $\frac{1}{4}$  T. L. to face L side of room. Do one s-c. step facing L side of room. Turn R all out & make a  $\frac{1}{4}$  T. L. to face bk of room. This  $\frac{1}{4} + \frac{1}{4} = \frac{1}{2}$  T. L.

Code -- 2 step  $\frac{1}{2}$  T. L.





- (d) 2 Step Combination.  
 Do 4 2 step ahead  
 " " of 5 (b)  
 " " 2 steps bkwd.

Notice - that when a 2 step is done st first, 1<sup>st</sup> 2 step (quick 1.2.) R on the diag. & the 3<sup>rd</sup> step (slow 3.4.) is st. ahead.

## Lesson IV.

### 1. Waltz full turn L.

Turn L. toe out & make  $\frac{1}{4}$  T. L. to face L side of room. S-C (Ct 1.2.3.) T. R. H. out & make  $\frac{1}{2}$  T to face the opp. side of room (1.2.3.) Do a side S-C T. L. toe out & make  $\frac{1}{4}$  T. face front of room (1.2.3.) These are simply 3 waltz steps. Making T. on 1<sup>st</sup> part of ea. waltz ( $\frac{1}{4} + \frac{1}{2} + \frac{1}{4}$  = full turn)

### 2. Waltz Combinations

- Do 1 Waltz Box (1.2.3.) (1.2.3.)  
 " 1  $\frac{1}{4}$  T. (1.2.3.)  
 " 1 W. T  $\frac{1}{2}$  way round (1.2.3.)  
 " 1 " "  $\frac{1}{2}$  " "  
 " 1 " "  $\frac{1}{2}$  " "  
 " 1  $\frac{1}{4}$  T to face front.  
 " 1 Waltz step bkwd.  
 8 meas.

### 3. 2 Step Full T. L.

Do 1 step L S-C. 1.2.  
 T. L. toe out & make  $\frac{1}{4}$  T. L. Do one step side close (1.2.) T. R. H. out & make a  $\frac{1}{2}$  T (3.4.) Do one S-C. to L. Turn L toe out & make a  $\frac{1}{4}$  T to face front -  $\frac{1}{4} + \frac{1}{2} + \frac{1}{4}$  = full turn.



4. Two Step Half Turn R.



Two step - 4 cts for whole pattern. 1 ct. for side step  
1 ct for close step + 2 cts for step fwd.

- (C) Pattern - (i) waltz - step f, step s, close step  
(ii) 2 step - step s, close step, step f.

### 3. Rock Step - (Ref. Lesson I)

Do 3 steps fwd. Rock bks on R ft. (1.2.3.4.) Repeat.  
Remember 1<sup>st</sup> ct of next pattern will be a rock  
instead of a step. (There is no prog. f-B-S-9.  
it is a rock)

Code:- Rock step { } fwd - bkw.



— Notice - a rock because no prog.

### 4. (a) 2 step w a rock.

Do 3 step fwd. rock bks on R ft 1.2.3.4. Do a  
diag. step fwd + a close step 1.2. Do 2 step fwd 3.4.

- (b) Do same as (a) but on 1<sup>st</sup> .. after C-S. Take 1/4  
T.L. by turning toe out. Continue in this manner  
until pattern has been completed facing ex. wall.

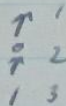
### 5. Waltz w Point Step:-

1 step f - 1 ct.

point f - 2 ..

3 cts = 1 meas.

Code for pt - ↑ ↓ Practice



Combinations - (a) Do 2 W. step fwd 1.2.3. Do 1 step pt. fwd 1.2.3.  
Do 1 step bkw. pt bkw. 1.2.3.

- (b) Step pt. fwd. 1.2.3. Step pt bkw. 1.2.3. 1 W. step making a  
1/4 T.L. 1.2.3. 1 W. step making 1/4 T.L. 1.2.3. = 4 meas.

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Repeat all 8 (b)

2 4 4  
8 4



## Lesson 01

1. (a) Review Rock & 2 stp w & woud turn.

(b) Comb. Rock & 2 stp w T. (notice that cts. R different than they were in 1(A) above)

Stp fwd L - 1.

Rock bkw R - 2.

Stp diag fw L - 3

Close R to L. - 4.

T. L toe out & make a  $\frac{1}{4}$  T L - cts 1. 2.

Stp fwd R - 3. 4.

Repeat this pattern until it has been done facing each side.

2. (a) Review Waltz pr.

(b) Waltz pr. Combination w T.

Rs.

1. 2 waltz stps fwd.

2 meas.

2. Stp pr fwd.

1 "

3. " " bkw

1 "

4. W.  $\frac{1}{4}$  T.

1 "

5. " stp turning  $\frac{1}{2}$  way round

1 "

6. 7. 8. Same as (5)

3 "

9. Same as (4) ( $\frac{1}{4}$  T.)

1 "

10. Stp pr fwd.

1 "

11. " " bkw.

1 "

12.  $\frac{1}{4}$  T.

1 "

13. " "

1 "

14. " pr fwd.

1 "

15. " " bkw.

1 "

---

16 "

## 3. Draw Stp.

a. Stp side L - 1.

Draw R to L L - 2.

Stp side R - 3

" L to R - 4

} 1 meas.



Also do 3(a) in 1/2 time  
 ex - Step sdw. L. 1. 2. | 1 meas.  
 Draw R to L. 3. 4.

(b) Do 4 steps fwd 4 cts.  
 Step draw to L 2 cts.  
 " " " R 2 cts.

Code :- Draw step =  $\text{O} \rightarrow$   
 step draw =  $\text{O} \rightarrow$

#### 4. Combination Draw & Rock :-

Do 2 plain steps fwd. 1. 2.  
 Step draw to L. 3. 4.  
 " " " R. 1. 2.  
 " " fwd L. 3.  
 Rock bk R. 4.  
 2 meas.

### Lesson VII -

#### 1. Lip Step -

(a) Step sdw. R 1  
 Close step to R 2  
 Lip bk on R 3  
 Rock fwd. on L 4.

Repeat 6 x of R = 7 in all.

8<sup>th</sup> time do :-

Step side R - 1

Close L to R - 2

Lip bk 3-4. (This leaves L ft free to step sdw.)

And then do same as above go left.

(b) Do 4 instead of 8

446 " 2 " 4  
 " 1 " 2



Code - Dip step  $\rightarrow R. L \rightarrow L.$

2. 2 step in quick time on side close step (C & H)  
instead of (1. 2.) On fwd step ct 1. instead of R. etc  
- ex. (1 & 2) (3 & 4) 2 2-steps.

(a) step fwd L. 1

" " R. 2

Quick side close step 3

slip bk it 4

Repeat this pattern - remember 1<sup>st</sup> step fwd given  
a dip usually a rock so next whole pattern will be.

Rock fwd. R 1

Step " L 2

Side close to R. 3

slip back 4.

Code:- Side close to (1 & 2) is indicated by:-

$\rightarrow 1 \quad 1 \rightarrow 4 \quad \uparrow 2.$

### 3. Waltz Draw Combinations -

No 1 wtz box

2 meas.

Step draw to L. 1. 2 3

1 "

" " R 1. 2 3

1 "

1/4 t. L wtz

1 "

" " " "

1 "

Step draw to L

1 "

" " " R

1 "

1/4 t. to L.

1 "

" " " "

1 "

---

10 meas

Code:- draw 2 ct  $\rightarrow a \rightarrow$

(a) 2-step box w draw. (Quick time 2 step)

step draw to L 1-2 }

" " R 3-4 }

Two step box 1 & 2 }

3 & 4 }